

# Take Heart

(Derby)

A social support group for heart patients, their families and carers.

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)



## Newsletter March, 2013.

Thanks to all who send articles and who contribute in debates to make the Newsletter interesting. We have quite a few articles stockpiled which will be included soon. We hope you continue to appreciate and enjoy each edition. Let us now your opinion.



Derby  
Heart City

Love our city ♥ Love your heart

**February's Newsletter.** Well, you finally received it. Sorry it was late, for those not on email. There was a ?\*\*!\* up within the emailing to our printer and not recognising that it did not arrive. The school report continues to read "try harder"!! Can you forgive me?

**March meeting.** Our speaker on Monday 11th March was Seema Ghai, a Reflexologist from "Simply Reflexology". Reflexology, she told us, brings you a totally relaxing and



uplifting experience which should leave you feeling rejuvenated and energised. We are heard that reflexology dates back to ancient Egypt, India and China. In 1913 it was introduced as "zone therapy" to the Western world by Dr William Fitzgerald, who believed that reflex areas on the hands and feet were linked to different parts of the body. Eunice Ingham developed this further in the 1930s and it then became known as

reflexology. It is a non-invasive, complementary health therapy which involves a reflexologist working on points and areas of the hands, feet and lower leg. The body may be in a state of imbalance following illness, stress, injury or disease and vital energy pathways may be blocked which prevent it from functioning effectively. Reflexology may help to restore and maintain the body's natural equilibrium. Reflexologists use a firm pressure, so generally there's no tickling sensation but if your feet are particularly sensitive then hand reflexology can be given instead. Seema stressed that reflexology should not be used as an alternative to seeking medical advice. There may be times when it is not suitable in all cases but the therapist would advise you if that was the case, they do not claim to diagnose any medical conditions. The feet we are told are like a map of the body every part of the foot is connected to a different part of the body and the body can be treated by stimulating the correct point on the foot. Having told us all about the treatment, Seema put it into practice, giving us a



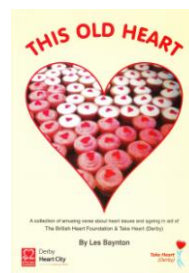
demonstration of her skills. A volunteer was asked for and Kevin Noon bravely came forward. It all seemed to be very painless and very relaxed. Kevin was seen "walking on air" at the end up of the meeting! The second part of our meeting was a presentation by Les Baynton, local poet, ambassador for British Heart Foundation and member of Take Heart. Les has produced a new book of poems entitled, "This Old Heart," a collection of amusing verses about heart issues and ageing.

Les read a selection of his poems to us and we found them to be witty and amusing. His book

costs three pounds, with the proceeds being divided between the British Heart Foundation and Take Heart (Derby). Great value and a very funny end to a good afternoon.

**Next month's meeting.** Have you made a will yet? Why not? You owe it to your family to make your intentions clear. A change of speaker but not of topic for our April meeting, Liz Garratt is Head of Wills and Probate at 'Rickards and Cleaver' of Alfreton, and a specialist in wills, power of attorney and deputyship applications including probate and letters of administration through to the full administration of an estate. See you all there.

**Poetry in motion.** Les Baynton has written a book of poetry, entitled "This Old Heart", which has poems about heart surgery and recovery. Les has been a member of TH(D) for eighteen months and has published several booklets previously. As a heart patient, he is selling the books for a suggested donation of £3, with the proceeds being split equally between the BHF Heart City fund and Take Heart (Derby). Copies will be available at our meetings or direct from Les on 01332 206734.



### **Heartache** by Les Baynton

I want to love you, live together in sin  
but you only want to discuss your Warfarin  
You're a temptress, a kind of she-devil,  
I don't need to know your blood pressure level,  
You tell me about your surgery, your stent,  
I just want to tell you I've got amorous intent  
You're just my type; you have a lot of class  
but I've heard enough about that triple bypass  
The sight of you makes me quite libidinous  
but I don't know much about Ace Inhibitors  
Your heart medication  
Is quite a sensation  
I promise to control my cholesterol,  
eat healthily, always be sensible  
I want to get into your heart,  
please let me come in  
and each day together we'll take  
a romantic little dose of Aspirin  
Then our hearts will beat beautifully together  
.....forever and ever.

**Coffee in a Cube!** Despite several apologies for absence, 42 members turned up for our February coffee morning. Hard at work was Michael, attempting to sell the remaining spaces of the Rock Up In Red sheet of fashion accessories. At 10.00 AM on the day, the winning slot was still available. All spaces sold, John Holmes who correctly guessed "Boots" and is seen collecting his prize from Michael. Thank you to all those who took part and raised £35 towards the Mending Broken Hearts Appeal. Not a bad coffee morning either, with recent members turning up for their first 'taste'. Next one is 26 March (some couples wedding anniversary). Will you be there?



## Rock Up In Red.



What a busy month supporting National Heart Month. We started at the Royal Derby Hospital on 1 February, handing out leaflets, selling BHF pin badges and achieving donations raising 648.49. The day was shared with RDH staff, who put on various health checks and sold healthy smoothies to raise funds. The following day, Derby County hosted Huddersfield Town at Pride Park where we managed to collect a staggering £1463.00 during the pre-match period. On Valentine's Day, John & Janet Holmes hosted a coffee morning at their daughter's house. Janet wrote "we are now home from our daughters, and can report the coffee morning went well, not all who had been invited attended, but as it was a working day it was difficult for some. We had a cake baking

frenzy all of which went down well, along with extra's sent home with guests for partners and children. We decorated around with Heart mobile's made from red foil and red wrapping string along with red balloons, it looked very festive. I am pleased to report we raised £63.00".



The 19 February saw quite a few of us at the Westfield Centre, shaking the tin (well actually they are plastic buckets) offering blood tests (Michael's was a bit high – too many Costa coffee's perhaps) and general health checks throughout the day in conjunction with NHS Derby City health colleagues, adding £115.26. Finally, at our regular coffee morning we raised a further £35.00 on the fashion



guess game. John & Margaret Storry added a further £50 in lieu of holding a coffee morning. All in all a terrific £2374.75 total, which is a fantastic sum. Thank you to all who volunteered by shaking a tin, baked a cake or those who put money in on the several occasions. You are all stars, I am proud of all of you. The following message was received from Sophie Jardine, of the British Heart Foundation. "I would like to take this opportunity to thank each and every member for your continuous support of the BHF – not only with National Heart Month/ Rock Up In Red, but the Mending Broken Hearts Appeal, the Small Heart of Derby Scanner Appeal, and everything else you do, including volunteering and helping at local community events. It's a real pleasure to be involved with Take Heart (Derby) and I look forward to getting to know those of you I don't know very well, even better over the coming year."

**Member news.** Since the last Newsletter was published, we have learnt that several members have been ill. John Clark is struggling with various ailments, Maurice Kilminster is still far from recovery, but it is pleasing to see Bob Betchley back amongst us.

**New members.** This month we welcome John Heath and Christopher & Debbie Wright to our group and wish them well and hope you enjoy as many of our events as possible.

**Birthdays.** Birthday wishes for March go to Pat Fitton, Peter Fowler, Andy Hopkins, Diana Stean, Maurice Kilminster, John Redfern, John Holmes, Betty Gilligan, John Clarke, Nora Evans, Derek Skidmore, Ann King, Sue Robinson, Joyce Taylor, Alan Rowlatt and Julia Sherratt. Happy birthday to one and all. There are quite a few wedding anniversaries in March (could it have any connection with the tax rules of long ago), amongst them are Barrie & Jean Birkin, Peter & Barbara Polhill, Ian & Sheena Gibson, Michael & Trisha Flude, Vic & Jean Percival and Peter & Josie Fowler. Congratulations to you all, have a great celebration.

**Thanks.** Thanks to those of you who have renewed your annual membership fee. There are a few who have overlooked it and so we remind you here. The minimum fee of £7.50 per dwelling is requested now, please. Having received an impressive calendar for this year,

our Programme of Events and hand-made birthday cards, together with all the regular events organised for the benefit of all, it represents the best value membership in Derby. Please send your cheque to Mrs April Howe, 80 Penzance Road, Alvaston, Derby DE24 0NJ, making cheques payable to Take Heart (Derby), thank you.

**Caffeine – good or bad?** If, like me you need a ‘spanking’ cup of coffee to get you started in the morning, a report in national newspapers during February, suggests we might need to reassess this habit if new figures are to be believed. A cup of instant coffee contains 54 mg of caffeine (tea is 40 mg, a latte 80 – 90 mg, and a Starbucks tall latte 150 mg). Even decaf coffee has around 2 mg of caffeine in it. So what does caffeine do to your body? Caffeine is the most widely used psychoactive (or brain altering) drug in the world. With billions of us relying on it for a quick pick-me-up. But its stimulating effect can have downsides such as hypertension, migraines, sleep disorders, as well as arrhythmia. Caffeine raises the heart rate and stimulates the nervous system, causing the release of adrenaline and the subsequent feeling of increased wakefulness. It is also known to constrict arteries, leading to a temporary rise in blood pressure. But, it seems there is little scientific evidence to support the theory but people say that, when stopping caffeine, they have reduced arterial fibrillation symptoms. Indeed, Clifford Garratt, professor of cardiology at Manchester University and Manchester Royal Infirmary says “If you do strict trials of caffeine against non-caffeine, it is difficult to show a difference in episodes.” Dr Andrew Grace of Papworth Hospital adds that in his view “people feel their arrhythmia more in the presence of caffeine because it increases the contractile strength of the heart.” There is much concern over the caffeine levels in soft drinks such as a can of coke (32 mg), diet coke (42 mg) and Red Bull (80 mg). However, research from the Women’s Health Study which followed 33,000 women since 1993 has found elevated consumption of caffeine was not associated with an increased risk of atrial fibrillation. Dr Julia Baron, Consultant Cardiologist, RDH says: *Your article is correct. Some people do find that their heart is sensitive to caffeine and they can reduce awareness of ectopics ('skipped' beats) or racing heart beats by reducing caffeine, but others find it makes no difference. It's certainly worth a try if you are someone who is troubled by palpitations, but scientific evidence suggests it is not a major factor in AF.* Exactly what conclusion you can draw from this I just don’t know. It is a make up your own mind – mine’s a medium Americano with cream!

**Spring Luncheon.** On St Georges Day, 23 April, we will be holding our annual Spring Lunch at The Cathedral Quarter Hotel at 12 noon. Menu choices were sent out with last month’s Newsletter. Select your choices and contact Barbara Rowe on 01332 767368. Best ‘bib and tucker’ for this one, with St Georges flags optional. Time is running out.

**Aspirin:** whatever you think, we just cannot get away from it. Here Chris Scott says “*Both Gerry and I have been on daily aspirin for years and whenever either of us gets near a GP or Hospital consultant they always check if we are taking it. On the other hand we are both prescribed what we call ‘the antidote’ which prevents any damage to the stomach. It is called Omeprazole and I have never seen any reference to this in any of the arguments pro and contra aspirin. Might be worth investigating?*” Does anyone have anything else to say?

**Chatsworth Walk** 28 April in aid of the British Heart Foundation. There will be two options of 7 or 10 miles for this year’s event. Gone is the 4 mile walk but I expect Michael to attempt a repeat of last year’s effort. You can sponsor him by telephone, writing or email – which will it be for you?

**You cannot** buy happiness but it is more comfortable to cry in a Mercedes than on a bike.

**He never knew what hit him.** A husband and wife were shopping in a supermarket. The husband picked up a case of lager and put it in the trolley. "What do you think you are doing?" asked the wife. "They are on sale: only £10 for 24 cans" he replied. "Put them back, we can't afford them" demanded the wife. In the next aisle, the woman picked up a jar of face cream and put it in the trolley. "What do you think you are doing?" asked the husband. "Its face cream – it makes me look beautiful," replied his wife. "So do 24 cans of lager and they're only half the price," he retorted. He never knew what hit him!

**Snorers at risk of heart attack?** Researchers suggest that snorers are more at risk of a heart attack than smokers or the obese. In fact, they claim that snoring could be the early warning sign of life-threatening health problems. The national press carried this headline in late January and quoted from the University of Detroit, which found that frequent snorers are far more likely to develop a thickening of the carotid artery (which supplies blood to the brain). If, like me you are a snorer, do you have sore ribs? I had better watch out, what about you?

**Disability Living Allowance.** From 8 April this year, Disability Living Allowance will become known as Personal Independence Payment (PIP). At least if you are aged between 16 and 64 years. In another attempt by the government to cause confusion and chaos where none existed, it is designed to help towards extra costs arising from health conditions or disability. It is based upon how a person's condition affects them, not the condition they have. DLA will remain available to those 65 or over on 8 April 2013 and for children until they are 16 – (the DW&P will contact them as they approach that age). If you are unsure then contact the Department of Works & Pensions.

**Do you have an email address?** If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox or that of your family. Newsletters and other important messages do not have to wait until following month to reach you. The e-edition is also in full colour and helps to add impact. Several members have recently advised Michael of the email address and will now benefit from a speedier service. So could you. Please send details to Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

**Jam Jar Challenge.** Here is a simple way to make a difference. Clean out a jam jar, stick a label on it saying "Jam Jar Challenge" and at the end of each day/week drop your loose change into the jar and see how much you can donate to the "Mend A Broken Heart Campaign". Bring it in at Christmas. Just think, if every household within our membership saves £1.00 per month, that is £128.00 per month or £1536.00 over a year. It is a staggering amount of money and it is simple to carry out. Are you with me on this, please?



**RDH Scanner Appeal Success.** You may recall last year we put out an appeal to purchase a 2D scanner for the Children's Hospital at RDH. I am absolutely delighted to advise you that the full £56,000 has been raised and so the unit is now on order. Well done and thank you all for your support. Future parents will benefit enormously from this equipment being able to diagnose early heart defects in babies and young children.

**Talking Walking. On the road to a longer life.** Researchers from the National Institute of Health in Rome examined a group of elderly people for a period of TEN years. Survival was highest for those who walked in the open air for 15 minutes four times per week compared with those who walked less. After factoring in age and weight, walker's risk of

death was reduced by 47%. Walking boosts cardiovascular health and strengthens muscles, which can help prevent falls. So there you have it, it is healthier to walk, so see you all soon. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in the fresh air.

A wonderful way to spend a couple of hours, and even this walk had a shorter version, a true tortoise walk!

**The Fynderne History Trail** was the scene of the tortoise walk, where 14 members (plus new walker Chris Wright) set on a crispy morning from the village church, which dates from 1863 and has an alabaster tombstone of Isabella de Fynderne who died in 1444. Fishing ponds date back to the time of the Domesday Book of 1086, when the Abbot of Burton owned land hereabouts to ensure plenty of fresh fish for the meal table. Indeed, David pointed out many other buildings and places of interest as the walk progressed. There used to be a castle close to the village and one wall is thought to be the garden wall of the castle. Then downhill towards the canal and past the ballast pools, which were dug out to form the base to railway lines. The Nature Reserve was also adjacent to our walk on our route back into the village. A body of nine undertook a further walk to Willington Marina and back but only after enjoying a refreshing hot drink.

**Next tortoise walk** is the Alvaston Park walk on 23 March. There are many interesting aspects to the walk and we invite those who lived in the area to come and tell us all about it on the day.

**The Denstone Walk.** Four members turned out (plus the bloke that takes a few photographs) on a damp and cold morning in the pretty village of Denstone. As is so



often the case, it started and ended outside a pub and there was even time for a pub break part way round. It was uphill for the first mile or so, up to the imposing Denstone College. We all pondered as to what it was originally built for and the consensus was that it had been a monastery before a school. Not so. It was built as a school in 1873 for 46 boys and known as St Chad's College. The school expanded over

the years and now the buildings, hall, chapel and war memorial are all Grade 2 listed. It became a prep school in 1902 and then a co-educational school in 1983. The war memorial stands in the quadrangle and is dedicated to the "boys" who lost their lives in WW1. It also has its own golf course and looks to be the only course in the UK where there are no queues for the first tee. The photographer left the four real walkers to continue across fields, carefully negotiating the rifle range!! Along a boggy lane, but the line of stones, known as a "causey", did its job for good footing. The flag tower at Alton Towers was visible through the bare trees on the far side of the valley. Returning now to the valley



bottom we joined the old railway path at Alton Station. A weir used to control the water supply for the mill at Alton. The mill was used for various purposes over many centuries but fell into disuse as a water mill some-time in the late nineteenth century. As is often the case, we found a wonderful place for refreshments, which will come in handy again when we walk in July for a tortoise walk around Tutbury. Magic.

**If you need help getting to the walks** telephone David Rowe on 01332 767368.

**Comment corner.** We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from February's edition: *"As good as ever. Liked the "Murphy's Law, may pinch a few for our Summer Mag if that is OK with you/ Once again a very good newsletter/Thanks for the February newsletter. Very good to read such varied articles, tips and poems. Hope to still be able to collect my First Aid certificate - that was a really worthwhile training session/Have just had a quick scan through - I really appreciate the 'forthcoming programme' listing and print that page immediately, so that I can pencil the dates into my diary/thank you again for all your hard work in compiling it/ Newsletter Feb duly received – as good as, if not better than, ever! Many thanks/*

Others have commented verbally *"I wait for the postie around the 20<sup>th</sup> of each month for my next instalment of TH(D)'s Newsletter, the best thing to arrive through the letterbox/I can't believe you write it on your own – are you kidding me/It was late this month, I thought I had missed it"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

**Derbyshire Celebration Swim.** The Ashbourne Fundraising Branch of the British Heart Foundation (BHF) has raised an incredible £3500 from a sponsored swim held in aid of Mending Broken Hearts Appeal. Schools, clubs and individuals from across Derbyshire took part in the second annual Celebration Swim at Arc Leisure Matlock on Saturday 20 October 2012. Ashbourne Branch Chairman John Dean said: *"We were delighted to see so many swimmers participating – some who swam last year, and also some new faces. I would like to say a very special thank you to the sponsors. Participants completed anything from one to 50 lengths each and we are proud of every single participant – well done and thank you."* The highest fundraising individual was in fact John Dean, with the winning shield kindly sponsored by Take Heart (Derby) heart support group. Sophie Jardine, BHF Fundraising Manager in Derbyshire, added: *"We are looking forward to this year's swim which will be held on Saturday 12 October from 5pm at Arc Leisure in Matlock. Thank you to all the swimmers and sponsors and of course to our wonderful BHF Ashbourne Branch for the many hours of organisation involved."* To register your interest for the next swim contact John Dean, Ashbourne Branch Chairman on 01298 687320 or email [dean580@btinternet.com](mailto:dean580@btinternet.com).

**Job titles.** Who knows what a "Vision Clarification Technician" is? Well, no-one guessed it, so it runs for another month. I'm waiting!!

**Gardening.** A report from Pat Fitton. It is hardly gardening weather with icy winds and snow flurries but even so walking round the garden we can see that there are things beginning to grow - particularly perennial weeds! Now you have an opportunity to save yourself a lot of work later. Dig up perennial weeds by their roots now. Remove the whole root system of the plant so it can't regrow. Look out for emerging snails that have been hiding in nooks and crannies over winter, collect them up and dispose of them. Make your best ever compost for it is the

secret ingredient of every successful garden. Not only does it improve the soil structure and provide nutrients to plants but it also replenishes the bacteria and fungi which are essential for healthy growth. Giving the garden an early spring clean-up usually results in lots of new material to compost. Great compost materials include shredded pruning's, annual weeds and the first cuttings from the mower, as well as kitchen peelings, teabags and the contents of your vacuum cleaner bag. For a few quick jobs - sweep leaves and debris from paved surfaces. Spike well-trodden areas of your lawn. Clean troughs and containers ready for spring planting, cover new tender perennial shoots with the cloche if frost threatens.

### **Forthcoming programme.**

#### **March.**

- Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 until 11.30 AM or later.  
Wednesday 27<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.  
Wednesday 3<sup>rd</sup> Swimming at the Queens Leisure Centre.

#### **April.**

- Saturday 6<sup>th</sup> Walking back to health – 🦶 Bakewell & Monsal Trail walk of 9 miles.  
Meet at Bakewell Old Station on Station Road at 9.30 AM.  
Monday 8<sup>th</sup> “Wills” will be the subject of a talk from Liz Garrett at 2.30 PM.  
Wednesday 10<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Wednesday 17<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Saturday 20<sup>th</sup> Walking back to health - 🐢 Allestree Park Nature Trail  
of 2.5 miles. Meet at Woodlands Lane car park at 9.30 AM.  
Saturday 20<sup>th</sup> The Travel Club Trust trip to Worcester & Gloucester departing at  
8.15 AM. Contact Bob Betchley 01332 751198.  
Tuesday 23<sup>rd</sup> Formal Spring Lunch at the Cathedral Quarter Hotel at 12 noon. Details  
from Barbara Rowe on 01332 767368.  
Wednesday 24<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Sunday 28<sup>th</sup> Walking back to health – The British Heart Foundation – Chatsworth  
House Walk (7 or 10 mile).  
Tuesday 30<sup>th</sup> Coffee morning at The Cube café/bar at 10.30 AM.

#### **Exercise classes.**

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only.  
“Exercise for the Heart”. Contact Jane on 07930 975681. Classes at Draycott and Ilkeston.  
“Mobile Sports Therapy” contact Matt on 01332 832224 or 07714718910.  
Tai Chi held in a studio on London Road, contact Carol on 07920 080443.  
BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.  
Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285

#### **Contacts.**

If members have a problem and would like to talk to someone in private, please telephone one of our “listening ears” Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk). Items for the newsletter should be sent to Michael, information about publications to Marilyn on 01332 558756.

Affiliated to the British Heart Foundation